

TMI Focus



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A Member Newsletter Of The Monroe Institute

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A TIME FOR GRATITUDE

by Laurie A. Monroe



As this year comes to an end, I find that I am grateful for all that I have experienced. I have learned a great deal from the many relationships that have been and are a part of my journey here, and the most important lesson is that of love. I can have compassion for one who has been negative to me personally, I can have understanding of the fairness that is needed on many different levels, and I can love those who are simply being who they are in this physical journey. I have found that love, compassion, and our precious memories remain with us as we leave this physical plane. This was demonstrated to me during the dying process of my dear friend Jim Greene. It was a gift to be with him and support him with love during his transition. His memory will live on forever in the hearts of those who knew and loved him.

I am most grateful for The Monroe Institute's new collaborative relationship with the Institute of Noetic Sciences. As a strategic partner, we will

begin to offer the GATEWAY VOYAGE at their retreat center in Petaluma, California. The first VOYAGE will be held November 30 through December 6, 2002, and three are scheduled for 2003. IONS's vision is "a global wisdom society in which consciousness, spirituality and love are at the center of life." Their mission: "by 2010, create transformative lifelong learning programs essential for living in the 21st century, grounded in rigorous research on extended human capacities." The term noetic is from the Greek word meaning intuitive knowing. To quote Willis Harman, president of IONS from 1978 to 1997, "The goal is creation of a similar body of knowledge, empirically based and publicly validated, about the realm of subjective experience. For the first time in history we are beginning to create a growing, progressively funded

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HOPE AMID THE RUINS

by Dirk Dunning



Dirk Dunning has attended the GATEWAY VOYAGE, GUIDELINES (twice), LIFELINE (twice), HEARTLINE, EXPLORATION 27, and BEYOND EXPLORATION 27. Since August 23, 2000, Dirk has drawn on his extensive program background to moderate two of The Monroe Institute's e-mail discussion groups. Seventy-two LIFELINE graduates participate in

TMI Lifeline, and fifty-three GUIDELINES graduates participate in Guideliners. The groups are forums for sharing experiences, asking questions, and discussing concepts and ideas among friends. Members also employ their TMI training in outreach activities. The value of their skills was especially apparent in the aftermath of September 11, 2001.

Shortly after the World Trade Center was destroyed and the Pentagon was attacked, many of us

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WAKE/KNOW TRIGGERS A WARRIOR'S INSIGHT

by Douglas M. Black



Douglas M. Black, Colonel USMC Ret., has worked in the commercial and defense information technology industries and has been a student of the Monroe methods for over a decade. He has attended four residential programs at TMI, including LIFELINE. Doug is active in the Dolphin Energy Club, which supports healing, and recently joined the Professional Division. In his memoir, *Finding My Way*, Colonel Black highlights his personal journey of spiritual discovery through his training in and application of the Monroe technology. He and his wife, Leslie, currently live in Salisbury, North Carolina, where he writes.

During the early 1990s, I served as the senior communications staff officer at Headquarters, United States Marine Corps for Command, Control, Communications, and Intelligence. One of my duties was to participate as a staff planner and discussion leader in an annual naval exercise hosted by the chief of naval operations at the Naval War College in Newport, Rhode Island. This week-long technology and staff planning exercise focused on the deployment of U.S. and Allied naval forces in various global war-fighting scenarios. The primary goal of this important event was the accurate identification of areas of technical weakness that required attention and investment to ensure that future war-fighting strategies would be successful and able to support various foreign policy scenarios.

My specific assignment was ground battle commander. I would work in close coordination with two senior navy officers who would act as the Surface and Amphibious Ready Group Warfare commanders. The three of us, with advice from a well-respected retired admiral, would run our portion of the exercise and interface with other groups. I was impressed with the large number of credentialed professionals from nearly every aspect of the war-fighting community. Once all of the oak chairs in our 1940s-style classroom were filled, our team numbered nearly a hundred. We organized very quickly, and by the end of day one had a fairly clear idea what we were about.

I was very pleased to see this progress but was quite disturbed to learn very late in the day that my two "co-commanders" were being called away to handle unexpected and unavoidable crises. I did not expect to see either of them again that week. Virtually on my own, I felt abandoned and terrified. The admiral and I looked at each other, sighed, and shrugged our shoulders. We knew all

too well that key people who attended these exercises had real-world assignments that occasionally took priority.

That night, after a dinner I hardly tasted, I returned to my hotel room wondering how in God's name to pull this one out of the fire. I was not experienced enough to play the surface warfare role successfully, although I could handle the amphibious role and my own. But the primary issue was what process to use to arrange the many technology issues that would surface over the next several days. How, with all those experts with their own strong opinions, would we be able to determine what was most and least important? Budget decisions would be based largely on our recommendations, and in the five to ten years to follow, the success of foreign policy and the lives of uniformed and civilian service personnel would depend on our getting it right.

I had completed my first residential program at The Monroe Institute a few months before and had purchased and was beginning to apply some of the Hemi-Sync tapes. I even had some TMI reading material with me just in case there was extra time—silly me! But with that material was a tape entitled *Wake/Know* from the MIND FOOD series. Early in my regular job assignment as the chief communications staff officer for the Marine Corps, I had quickly realized that I was faced with a tremendous workload and required to learn a mountain of new material. Along with working long hours, finding and keeping talented people on the staff, and trying my best, I also began to explore TMI products in hope of enhancing my productivity. I intended to read up on *Wake/Know* and possibly try it out during the current exercise.

Considering my options, I realized that I needed a miracle. I desperately wanted some idea of the "right" answer to be looking for at the end of the week. After making some notes, I looked at the clock on the dresser. It was 10:00 P.M.; I was beat. Since I was fresh out of any further ideas, I put the tape on and went to bed asking the question, "What is the key technology requirement that needs to be fulfilled to drive all other essential future war-fighting processes?" And then I slept.

Vaguely, I became aware that I was waking up. I opened my eyes to find the ceiling was deep black and filled my vision. I could not see my hotel room. "This is odd," I remarked to myself. "God, it's dark in here for morning." As I stared at the blackness above me it began to change. Slowly but steadily the center of the blackness in the middle of the ceiling began to extend downward in an inverted mound shape. The action was slow and deliberate as if the protrusion was working against substantial resistance. Then bright orange/red fracture lines appeared and radiated out from the center of the protrusion. As it grew, the lines of fracture lengthened in all directions.

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A TIME FOR GRATITUDE

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body of established experience about humanity's inner life—and particularly about the perennial wisdom of the great religious traditions and Gnostic groups. For the first time there is hope that this knowledge can become—not a secret lost in dogmatization and institutionalization, or degenerating into manifold varieties of cultism and occultism—but rather the living heritage of all humankind.”

The synergy between our organizations will enable many members and participants to explore further their own inner world as we move toward a wisdom society. Whatever we become, however we change, knowledge and wisdom will lead us to our higher purpose and goals. The GATEWAY VOYAGE offers the tools to enable us to remember and recognize our own capacities to understand and truly know our spiritual natures in relation to the world. I encourage you to become a member of IONS, but first explore their Web site at <http://www.noetic.org> and get to know them.

World events have made this year difficult for all of us in many ways. If we can remember that earth is a learning school and that all we experience is a part of the plan, we can understand more clearly the meaning of our pain and the emotion behind it. If we truly understand that we are more than our physical bodies and that this physical life span is a blip in the larger scheme of things, perhaps we can process our grief more effectively by translating the emotion to a much higher and greater vibration. Those of us who have lost loved ones know that their love is as firmly melded into us as our love is melded into them. Death is only a physical separation—no more.

As this year comes to an end, take time to reflect on all that has happened in your life to date. Find at least three people, events, or situations that you are grateful for in this moment and express your gratitude. Let someone know how you feel. Part of our homework in earth school is to share our thoughts and experiences with others so they too may learn something from our sharing. Our life experiences are similar yet unique. Whatever the experience, if we share it with someone, the wave of energy begins and it has no ending—it is continuous, just as we are.



IN MEMORY

On October 3, 2002, James Greene, an avid long-time supporter of TMI and a personal friend to Bob and Nancy Monroe, “graduated” from this earth learning school. One could almost see him waving his diploma, stamped “magna cum laude,” as he soared free from his pain-ridden physical body and joyfully joined the many friends and loved ones to whom he had said good-bye, temporarily, throughout the years of his very full and rewarding life. Jim was passionate about nearly everything. Whether creating striking hairstyles in his salons, or later the award-winning pizzas which helped put Bistro 151, his restaurant in Nellysford, Virginia, on the map, he approached each new project with zest and a commitment to excellence.

These qualities, along with a huge dose of persistent persuasiveness, allowed Jim to finally convince Bob Monroe to release to the public a series of audiocassettes titled the POSITIVE IMMUNITY PROGRAM. Jim had been working with groups with health challenges in the Georgetown area of Washington, D.C., and had witnessed firsthand the differences that listening to Hemi-Sync made. Jim chose the Hemi-Sync exercises, designed the series, and gently pushed and prodded until POSITIVE IMMUNITY became a reality. Literally hundreds of people, probably thousands, have benefited and will continue to benefit from this significant portion of his legacy.

In recent years Jim pursued another vision: the creation of a residential camp for children with terminal illnesses and their families. Utilizing a variety of modalities, “Camp Little Hearts” would provide a loving, supportive environment in which to learn that we truly are more than our physical bodies, that our consciousness does indeed survive physical death.

In the closing hours of his sojourn here, Jim listened to his dear friend Bob Monroe’s voice, softly, soothingly, repeating the words of the *Relocation Theme* from the GOING HOME series: “. . . Every particle of this life span you have just completed is of exquisite value. . . . You have learned so much . . . so much more than you realize . . . but you will. You soon will know the immense treasure you possess. . . . You will realize the life you lived is simply a learning pattern . . . a preparation for a kind of glory and joy and creative activity that cannot be described in physical human words . . . action . . . or even thought. . . . Go now . . . and remember . . . you did not really leave your loved ones behind. . . . They are with you now . . . their very essence firmly and permanently melded into you . . . and they always will be . . . as you are in them. . . . It is this knowledge that relieves their grief. There is only a physical separation, no more.”

by Darlene R. Miller, PhD

[Donations in Jim’s memory may be made to the Little Hearts Foundation, c/o Wachovia Bank, Nellysford, Virginia 22958.]

HOPE AMID THE RUINS

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felt called to do what we could for those who perished that day. The **TMILifeline** members began doing individual and group retrievals. The **Guideliners** soon joined in, and both continued making retrievals over the next several days.

My initial impressions mirrored those of many others. Immediately after the disaster, the scene was surreal. The dust and chaos were overwhelming. There was so much death. And yet, there was also amazing order. Groups of people were helping others out of the mangled buildings. A column of light rose above the crumpled towers. There were just so many people working together! It was extremely hard at times to tell the living from the dead. Members of our groups reported trying to retrieve victims, only to be rebuffed because they were actually rescuers. Many who had just crossed over were acting as guides. Incredibly, they were returning *immediately* to help their friends and neighbors to find their way.

On October 6, I returned to Monroe for **BEYOND EXPLORATION 27**. One of my fellow participants had begun retrievals as soon as the towers collapsed. At first, she proceeded one by one or in small groups. She quickly realized that the sheer numbers of the deceased made that impractical. So, she addressed that problem by teaching those she retrieved how to do retrievals themselves.

On the evening after the disaster, I made my second trip to the World Trade Center site and found many still trapped there. I decided to employ a technique Bruce Moen used after the Oklahoma City bombing. I envisioned the area clear of dust and debris with a gentle slope to the surface. Then I simply "saw" the people whole and free

of the buildings and began helping them to the surface. Guides received them there and shepherd-ed them on to the light.

Others in the **LIFELINE** group encountered very similar circumstances. The dead firefighters and policemen were among the hardest to help. They were so focused that many continued their efforts—totally unaware of their own deaths. Dan Dunlevy sought guidance on assisting the firefighters, and guidance responded by becoming victims for them to rescue. It worked! The airplane passengers were another matter entirely. I've intervened at many plane crashes. Usually the sites are crowded with traumatized souls. In these cases, the end came so suddenly that the passengers transitioned smoothly. They never doubted that they were dead.

Several members of **TMILifeline** and **Guideliners** agreed to describe their personal reactions and observations. They are quoted below.

"I cried out to the TV, 'Oh no, no. The people, all those souls gone!' A friend called just then, and we wept together. As we talked the second tower collapsed, and our hearts sank with helpless sadness and grief. My guidance brought a calm sense of peace over me then sent a surge of hope that I must help in the way I knew best, by retrieving those souls at the disaster sites."

"When I tap into the energy of the masses of souls that have just left the planet, I'm getting a very strong feeling that they are all turning around and coming back to rescue us from our own terror and chaos and deep feelings of tragedy. They are saying that WE need the rescuing more than they, because they are in peace and light and love."

"The emotional flow was much less as the helpers were really mov-

ing people along and the wailing was now only an occasional cry. It broke my heart. The firefighters and policemen, even knowing they had died, were still trying to help people. They would say, 'Don't worry. Someone will come to get us out,' referring to their brothers on this side."

"I was in the middle of the rubble. People could not find a way out; I pushed them up through a hole to the light and hands came down to take over. I went on to the Pentagon to see if I could help there. A lady in a pink dress suit was wandering around. She looked up at me and said, 'I only went for coffee, I only went for coffee.' I told her it was okay over and over again to get through to her and [asked her] to take my hand. She took my hand. We started up to a hole in the rubble and hands reached her. She was gone."

"I asked spirit to put me wherever I was needed. I was sitting in a seat saying the Lord's Prayer. I looked around and realized I was in a plane. I had a 'moment' of fear that I was going to be silenced. I said my prayer louder, especially 'for thou art with me.' I felt the love of God in my heart . . . peace, quiet. I drifted above. I found myself in a 'grid' of loving light. Thousands joined me. We were above New York City. We were like a carpet of peace, love, and light. There could have been angels of light with the people. It was so loving and bright."

As horrible as these events were, the scene on the other side gave me amazing hope. Here, with so many hurt, all kinds of people—living and dead—were helping one another, joining together in a common cause. I extend my deepest thanks to **TMILifeline** and **Guideliners** members who worked so hard to help the victims. Our hearts go out to the families of those who were lost on September 11.

EXPLORING THE *TIMELINE*

by Lee Stone



Lee Stone is a residential trainer with TMI. Through his private counseling practice, he has been doing past-life regressions since 1976 and began utilizing Hemi-Sync for regression therapies in 1987. Lee has facilitated thousands of regressions in one-on-one sessions and

through group workshops in the United States, England, and the Middle East.

If you could travel to any time or place, when and where would you visit? Many of us have an affinity for different cultures or geographic locations. These attractions are often intuitive indicators for other selves and other lives. We have all had many past lives. In *Far Journeys*, Bob Monroe wrote of discovering numerous past lifetimes, the most recent as a Catholic monk who lived in a small monastery in Coshocton, Pennsylvania. You can now reexperience your own past lives through the support of the Hemi-Sync technology.

Utilizing the Focus 15 state of consciousness, which Bob designated as "beyond time," The Monroe Institute is now offering a new graduate residential program called *TIMELINE*. *TIMELINE* participants will go on adventurous excursions across time to explore other selves in ancient civilizations. I once inquired about where Bob Monroe and I had previous lives together. One of several that I reexperienced was a life about 3,500 years ago in the Aztec culture where Bob was a high priest and I was a female in the extended royal court. The next time I saw Bob, I asked him about this life together and he confirmed it.

TIMELINE program participants will have the opportunity to better understand the underlying dynamics of significant current (local-time) relationships with husbands and wives, parents and children, and friends and adversaries. There will also be program exercises to discover the origins of natural talents or abilities, as

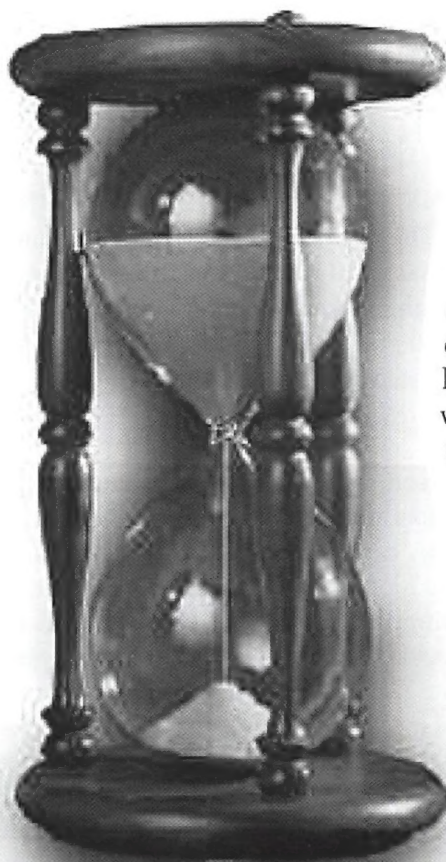
well as limiting beliefs and recurring emotions.

A change in perspective based on knowledge of previous lives can open completely new potentials for growth and change. A woman named Peggy became aware that she consistently chose romantic partners that abandoned her and triggered strong feelings of hurt and fear. When we sought the origins of her feelings of abandonment, Peggy went back in time to her younger twenty-three-month-old self in a New York grocery store where her mother was shopping. Peggy's mom absentmindedly walked around the end of the aisle looking for a loaf of bread. In the same moment, as little Peggy looked up and

realized that she was alone, she shifted into another self that was four years old, holding a rope-handled bucket and climbing a steep incline in the year 1865. Along with an eight-year-old sister and a twelve-year-old brother, she was on her way to pick berries in the mountains near the French and Swiss border. Wandering away from her siblings, she eventually became lost in the forest and ended up dying of starvation. Little Peggy then connected this experience with her local-time self, and it became absolutely true for her that if she were left alone she would die. Having brought these buried memories to consciousness, Peggy understood how she had been acting out the Swiss girl's abandonment throughout her life and was able to release those fears—creating a future full of new potential.

Knowing other selves in other times can create lasting shifts in how one thinks of the local-time personality and experiences. It can open up new levels of clarity and creative decision making in daily life. *TIMELINE* participants will also be guided to explore their own

personal future in order to gain new insights into what is uniquely possible for them to actualize in their remaining local-time life. The new *TIMELINE* program is scheduled for March 22–28 and September 27–October 3, 2003. The Monroe Institute is now accepting applications for these programs.



HELLO, LEFT BRAIN, MEET *HEARTLINE* ENERGY

by Rick Dawson



Rick Dawson is a corporate attorney who is currently on a much-needed, self-imposed sabbatical. He lives in Portland, Oregon, with his partner, Geoff, and cat, Jonah (though he suspects the cat thinks that they live with, and for, him). Rick spends his time volunteering energy healing to Portland AIDS and cancer patients, doing tarot, and reading metaphysical books. He can be reached at RickDDawson@hotmail.com.

"I don't know why I'm here. I never wanted to take this course."

It was a strange thing to say, on first meeting my fellow *HEARTLINE* participants, but it was true. Not even the warm coziness of the log cabin at the Roberts Mountain Retreat softened my tongue during that first introduction. I mean, I really was surprised to be there. Not that I had been kidnapped or anything. It was my voice that scheduled the course, my credit card that paid for both it and the transcontinental flight that got me to Virginia. But still, *HEARTLINE*!?

You see, I'm very much a left-brainer kind of guy. And I had been diligently stair-stepping my way through the TMI courses. After *GATEWAY*, it was only logical to take *GUIDELINES*, the second course created at the Institute. After *GUIDELINES* was *LIFELINE*, which I had finished a few months earlier. Obviously, the next course should be *EXPLORATION 27*, then *BEYOND EXPLORATION 27*. Finally, I would round out my education with *MC*². It was all perfectly logical and efficient.

So what was I doing here in *HEARTLINE*? I know what you're thinking, because I thought it myself. In my imagination, I would be the only guy in the course. The rest of the class would be women who, during the course of the program, would reveal tortured pasts of emotional abuse, failed marriages, and severe illnesses. It would be one big mega-counseling session as each of these women connected with her heart and found healing. Ultimately it would all culminate in crying and prolonged group hugs while I sweated and prayed for boundaries. Or even worse, we'd have to share and everyone would expect me to reveal some deep emotional trauma of my own in order to properly join the group gestalt. This vision was, quite frankly, my idea of hell.

And it was all wrong.

The group was actually split in half between men and women (as much as you could split an odd number of seventeen). I knew both of the trainers, one of whom was Penny Holmes—one of the motivating forces behind the course's very existence. Those of you who know Penny can understand why I was significantly relieved that she was going to be a trainer. Penny is more likely to bring matters "down to the brown" (as she likes to say), and to ground them, than she is to move them up into the "La la" or deep into the touchy-feely. (Yes, the "touchy-feely." My biggest fear of all!) And with Karen Malik as cotrainer, I know it would be an Ethel and Lucy, not a Jesse and Oprah, show.

What *HEARTLINE* turned out to be was the exploration of the energetic engine behind all the other TMI classes and the manifestations that occur during them. What do I mean by "energetic engine"? Well, *HEARTLINE* is described on the TMI website and literature as offering:

new approaches for removing the obstacles to love's expression in our daily lives, as well as methods for exploring deeper levels of Self; for discovering one's true self-essence. . . . *HEARTLINE* is a graduate program for those who are serious about looking within. It is about creating heartspace—self-love, self-trust, and non-judgmental acceptance. It is about allowing, understanding, and moving beyond feelings into the transcendental.

HEARTLINE is, indeed, all about love. But it's not about "luuuuvv." Think of love as an energy, and shed all the emotional overlay that we as a society have put on that tiny four-letter word. At its core, this energy-love is a powerful attractive force. It is quite subtle because we live in it all the time, and yet we rarely notice it until it is absent and then the loss of it can be profound. In some respects, love is energetically equivalent to gravity. Gravity is a powerful attractive force. It, too, is ubiquitous and irresistible. And if it suddenly went . . . absent, so would we. This kind of energy-love, love as an attractive force, is the kind of "love" that is explored in *HEARTLINE*.

Gravity is the foundation on which all physical constructions depend, but I propose that love is the foundation on which all psychic constructions depend. A desire to find proof of that understanding was why I signed up for *HEARTLINE* in the first place. There was a moment of profound realization during my *LIFELINE* course that all these Focus states were merely lenses that allowed us to peer into other dimensions. But any actions that we wished to take while in those states were motivated by—and only possible because of—some separate energy source that came from within and that was not intrinsic to the Focus states themselves.

So when I found myself "running out of gas" during programs, I waited for the Universe to tell me what to do about

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WAKE/KNOW TRIGGERS A WARRIOR'S INSIGHT

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I watched, mystified, in my early morning half-dream state. After what seemed only a few minutes, the mound stopped growing and a voice said in what I perceived as clear, deep, and resounding English: "Database management." The mound retreated upward until the black ceiling resumed its normal flat appearance. The orange/red fissures closed, and the blackness faded.

I lay in my bed stunned, motionless, and hardly breathing. Suddenly I realized that my eyes were NOT open, but closed! I opened them. There was the hotel room, dusky in the early morning light, ivory walls and ceiling. The "blackness" was gone—fading quickly into the dust of dreams. But the voice, the voice remained clear and imposing in my mind. I slowly began to comprehend that I was lying in the same position in which I had gone to sleep the night before. Wow! What had happened? The irritating snap of the alarm interrupted my thoughts, the music began, and so did day two of the exercise. The main difference was that I might have an answer to my question.

I dressed, ate, and hurried to the classroom. The early-rising admiral stopped me at the door. With a concerned look on his weathered, careworn, but friendly face, he asked, "Well, Doug, what's the plan for today?"

"We're going to focus on database management, Admiral. We'll walk each warfare area through their war-fighting processes, see which essential war-fighting databases need to interact, highlight those that do not, and see where that leads us."

The admiral eyed me with surprise. "I didn't know you were a data guy."

"I'm not, sir. I really don't know anything about it. I'm just a mud communicator, you know—two wires and a telephone. Data processing and all is not my area."

Well, where did you get this idea?" he asked with a searching look.

"I was thinking about it last night and it sort of . . . came to me. Anyway, it seems like it might be a good way to get things going. What do you think?"

"Let's give it a try," he replied with a supportive and relieved tone. We exchanged smiles and moved to the head table to get day two rolling.

Three days later, after many hours of often stressful and contentious discussion and dialogue, our recommendations list led off with the topic "Integration of Essential War-Fighting Databases" as the most critical investment required to ensure future war-fighting success. I did not impose this result; I do not believe that would have been possible with a room full of type-A, independent thinkers. But I did encourage it by always keeping the topic before the participants.

I felt certain then—and believe to this day—that *Wake/Know* provided a process that allowed me to know the answer to my question, even without practical experience in data management. Really needing the help surely played a part, but the incredible results were, for me, undeniable.



MEMBER TAPE

Messages from Beyond

On this tape you will hear a beloved voice from the past, the voice of Robert A. Monroe. We are compiling an audio library of Bob's vocal tracks from hundreds of tapes he produced over the years. This allows us to create "new" exercises in his voice.

The Hemi-Sync sounds and Bob's instructions will guide you in establishing communication with both departed loved ones and your own Higher Self. Once you are "in touch," you will be able to transcend all barriers to receive and deliver messages that are important to you.

MEMBER TAPE

Timeline

This member tape is titled *Timeline* and offers the listener an opportunity to sample the *TIMELINE* program by expanding beyond time and being guided step-by-step through the experiences of another self in another time. You will also be guided to ask when and where this past life took place as well as how it influences your local-time life experiences.

RESEARCH UPDATE

Ursula Fürstenwald, director of OASIS—an organization assisting torture victims suffering from post-traumatic stress disorder—has begun a pilot study with Hemi-Sync. Serious sleep disturbances are one of a constellation of symptoms exhibited by survivors of torture. Hemi-Sync will be employed as an adjunct to focused group therapy in an attempt to relieve insomnia. The study is supported by the United Nations and will be conducted in Copenhagen, Denmark.

THE MONROE INSTITUTE PROGRAM SCHEDULE

Programs marked RMR will be held at Roberts Mountain Retreat. All others will be held at The Nancy Penn Center. Contact Karen Viar at (434) 361-1252 or TMIprograms@aol.com to register for programs listed below. Please note that the GATEWAY VOYAGE is a prerequisite for all other programs.

2003

GATEWAY VOYAGE

January 25-31
February 15-21
March 1-7
April 5-11
April 26-May 2
May 17-23
June 14-20
July 12-18
August 2-8
August 16-22
September 13-19
September 21-27
October 11-17
November 1-7
December 6-12

NOETIC SCIENCES GATEWAY VOYAGE—CA

April 5-11
October 4-10
November 29-December 5

GUIDELINES

March 15-21 (RMR)
May 3-9 (RMR)
July 19-25 (RMR)
November 1-7 (RMR)

HEARTLINE

April 5-11 (RMR)
October 25-31 (RMR)

LIFELINE

February 1-7
April 12-18 (RMR)
June 7-13 (RMR)
August 2-8 (RMR)
October 4-10 (RMR)

EXPLORATION 27

(For LIFELINE Graduates)
March 22-28 (RMR)
June 14-20 (RMR)
October 11-17 (RMR)

SILENT RETREAT

March 29-April 2
October 4-8

MC

March 8-14
May 31-June 6
October 18-24

REMOTE VIEWING PRACTICUM

February 22-28
June 21-27
November 8-14

TIMELINE

March 22-28
September 27-October 3

TEEN GATEWAY

July 26-August 1

TRAINER DEVELOPMENT

ASSESSMENT PROGRAM
August 8-15

HEMI-LYNC Making Global Connections

Hemi-Lync is a print media network bulletin board connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. Submit your Hemi-Lync item to the TMI FOCUS by writing, calling, or by e-mail.



Mind Trek, by Joseph McMoneagle
Remote Viewing Secrets, by Joseph McMoneagle

The Ultimate Time Machine, by Joseph McMoneagle
The Stargate Chronicles, by Joseph McMoneagle
Using the Whole Brain,

edited by Ronald Russell

Appearances

On September 25, 2002, professional division and Dolphin Energy Club member Brian Dailey, MD, spoke to the Association of Sister, Brother, and Priest Physicians in Skaneateles, New York. The audience of doctors and members of religious orders responded enthusiastically to Dr. Dailey's talk on "Alternative Medicine and Hemi-Sync." He had made the same presentation to the Rochester Society of Radiologic Technologists on September 17.

TMI President Laurie A. Monroe was a featured speaker at "The Prophets Conference Santa Fe: Poets, Mystics, Magicians." Laurie's presentation was titled "The Magic Is Within You."

Books

The following titles are available from the TMI Bookstore. Call (866) 881-3440 toll-free or e-mail to TMIbookstore@aol.com

Robert A. Monroe's trilogy:

**JOURNEYS OUT OF THE BODY
FAR JOURNEYS
ULTIMATE JOURNEY**

Captain of My Ship, Master of My Soul, F. Holmes "Skip" Atwater
Healing Myself, by Gari Carter
Cosmic Journeys, by Rosalind A. McKnight

Internet Interview

Deborah Sachs, TMI OUT-REACH Trainer and Professional Member, was interviewed in depth by the Internet journal *Spirit * Psyche * Body*. Deborah was given ample opportunity to talk about the revolutionary work of TMI, out-of-body experiences, expansion of consciousness, and her workshops in Brazil. The article has brought many inquiries from fellow Brazilians.

Magazines

"Gateway to Other Worlds," a feature article by Michael Ross, appeared in the British magazine *Prediction*, volume 68, number 3, March 2002. Ross provided background on the Institute and Hemi-Sync and gave details of his own GATEWAY VOYAGE. He ended by recommending that "anyone . . . give the Monroe Institute a try. Their intentions are, at the very least, thoroughly honorable. What more can we ask for in the days of countless spiritual paths, some of dubious authenticity and motivations?"

UFO, The Science & Phenomena Magazine, February/March 2002, showcased remote viewing luminaries past and present in "The 2001 Remote Viewing Conference" by

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Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you. **Please inform us promptly of changes in location and phone/fax numbers.** Call Shirley or Ann at (434) 361-9132 or e-mail DEC1PD@aol.com with changes or to be removed from the list.

| | | |
|-----------------------|---------------------------|-----------------------------|
| AUSTRALIA | SCOTLAND | PALMER, AK |
| ADELAIDE, S.A. | NEW GALLOWAY | Ross Perrine |
| Clive Elms | Jill and Ronald Russell | (907) 746-6443 |
| Dara Gorecki | Tel/Fax (44) (1644) | PASO ROBLES, CA |
| (61) (08) 8268-5852 | 420357 | Leland Beck |
| Claire Ezrac | | (805) 467-3587 |
| (61) (08) 8346-7936 | U.S.A. | PHILLIPS, ME |
| | ARLINGTON, VA | (after May 15) |
| SYDNEY | Mark Gemmell | C.J. & Stella Stevens |
| Ashle Trucano | (703) 522-8663 | (207) 639-2501 |
| (41) (2) 9953-1155 | BETHESDA, MD | PORTLAND, ME |
| | Helene N. Guttman | Joe Harrington |
| BELGIUM | Tel/Fax (301) 656-8980 | (207) 773-0291 |
| THIMISTER | BUTTE, MT | PORTLAND, OR |
| Patrick Bartholome | Leo McCarthy | Ralph Burton |
| (32) (87) 44-70-70 | (406) 494-3567 | (503) 655-4488 |
| | BOSTON, MA | Bill Oakes |
| CANADA | Steve Ullman | (503) 628-3150 |
| HALIFAX, NS | (978) 579-0945 | RENTON, WA |
| Tom Tasse | CHARLOTTE, NC | Peggy O'Hare |
| (902) 443-2692 | Rebecca Nagy | (425) 641-4535 |
| ORILLIA, ONT | (704) 588-4623 | Rob Sandstrom |
| Kim Stratten | COLUMBUS, OHIO | (425) 255-1035 |
| (705) 329-3031 | Tom King | ROSWELL, GA |
| TORONTO, ONT | (614) 421-7117 | Chase Carey |
| Blair Swanson | DAVIDSON, NC | (770) 587-0350 |
| (416) 694-2908 | Norma Atherton | SAN MATEO, CA |
| VANCOUVER, BC | (704) 892-7000 | Chow Chow Imamoto |
| Carol Biernat | DOWLING, MN | (415) 341-1955 (r) |
| (604) 281-2840 | Robert Jonas | (415) 344-1822 (w) |
| | (616) 758-3797 | SHASTA LAKE CITY, CA |
| CYPRUS | ENGLEWOOD, CO | Edy Harrington |
| John Knowles & Linda | Daniel K. Meyer | (530) 275-4946 |
| Leblanc | Kimberly Miller | SILVER CITY, NM |
| (357) (6) 621272 | (303) 740-8053 | Marion Light Ray |
| | FINESVILLE, NJ | (505) 388-5782 |
| DENMARK | Pete Ennes | STONE MOUNTAIN, GA |
| COPENHAGEN | (908) 995-9493 | Gretchen Jaccino |
| Jan Caroc | GEORGETOWN, TX | (404) 716-5857 |
| (45) (33) 255313 | Bob & Donna McKelvy | SURFSIDE BEACH, SC |
| STOVING | (512) 863-7808 | (until May 15) |
| Kim Notholm-Larsen | GRAND RAPIDS, MI | C.J. & Stella Stevens |
| (45) 98385751 | Larry Rosencrans | (843) 215-1097 |
| | (888) 320-1517 | SYRACUSE, NY |
| ENGLAND | HAMDEN, CT | Donald W. Paulus |
| GLUCESTER | Lou Stout | (315) 423-8413 |
| Jane Robinson | (203) 288-1677 | TEMPE, AZ |
| (44) (1594) 541870 | HENDERSONVILLE, NC | Marcie A. Katler |
| | Joe Gallenberger | (602) 968-3021 |
| ITALY | (704) 693-4721 | TOLEDO, OH |
| BRUNECK | INDIANAPOLIS, IN | Eileen Tucker |
| Dietmar Benedetti | Shawn Casey | (313) 856-5251 |
| (39) (329) 6879568 | (317) 852-7727 | TULSA, OK |
| | LOS GATOS, CA | Bruce W. Freeman |
| JAPAN | Jerry Durand | (918) 742-0743 |
| TOKYO | Sharon Hurtley-Durand | WALLINGFORD, CT |
| Kanji Nakai | (408) 356-3765 | Mike Cei |
| Tel (03) 5471-2502 | MT. JULIET, TN | (203) 265-9851 |
| Fax (03) 5471-2972 | Art and Jan Flint | |
| | (423) 988-0104 | |
| | NEW YORK, NY | |
| | Al Swadichuto | |
| | (212) 228-3298 | |

If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The **OUTREACH** trainers and facilitators listed on the special workshop insert also welcome your calls. Special thanks to all of you who are willing to be connecting links in the extended TMI family.

HELLO, LEFT BRAIN

Continued from page 6

it. And the messenger turned out to be author Bruce Moen, who showed up at the end of *LIFELINE* for a talk. Bruce provided two significant and fundamental insights, the second of which I'll paraphrase here: "If you want psychic development, find a memory of what it felt like to be in love. Dwell in that memory for as long as you can. Inevitably, that love energy will build up and, by itself, without any intent or control, it will charge and propel your psychic senses. Love and psychic action or development is one and the same." This was exactly what I needed to hear!

And which course was specifically designed to explore this "love" energy? *HEARTLINE*. And that's why I found myself reluctantly sitting in the log cabin. I needed to kick-start my psychic abilities, and if it took sharing and group hugs to do it, then so be it!

Fortunately, the program was quite kind in that regard. Yes, each day would have one exercise that the trainers said would be "like a near-death experience" for some of us. And it did involve sharing, and once even (gasp!) touching. But do you know what? I had forgotten how quickly groups bond at TMI. A touchy-feely exercise with a group of strangers can bring on an anxiety attack, but the same exercise with a TMI group is a cakewalk. I even enjoyed those exercises.

HEARTLINE is an essential course for TMI graduates. *HEARTLINE* is not about "love," it's about connection. It's not about expanding your affections to others in the group, it's about making energy connections with them instead. And the fact that this energy connection is called "love" is almost misleading. True to the course description, *HEARTLINE* is about "looking within." But it's not so much about "self-love, self-trust, and non-judgmental acceptance" as it is about discovering how to tap into the very source of that love energy. *HEARTLINE* is about the heart chakra, and how to be centered and comfortable (for me that means being logical and left-brained) while still riding and using that super-charged emotional energy called love to propel my psyche deeper into the vast Unknown.

Those of you who, like me, do energy healing will find that *HEARTLINE's Focus 18* is an essential workspace. Unlike *Focus 15* (where you can go to any when), or *Focus 12* (where you can intuit any what), *Focus 18* is the place where you can connect to any who. In *Focus 18*, you can find anyone, connect with them, understand the nature of their illness or need, and deliver the healing—effortlessly.

While the other TMI courses teach you how to navigate and steer through the vast unknown, it is the

Continued on page 10

HEMI-LYNC*Continued from page 8*

Cassandra Frost. This excellent overview of remote viewing's beginnings and assessment of where it may be headed was replete with details on the STARGATE program, its developer, Lieutenant F. Holmes "Skip" Atwater, and Joseph McMoneagle, a.k.a. remote viewer 001.

Movies

Moving premiered in Norfolk, Virginia, on March 2, 2002. The film, Joe McMoneagle's first movie appearance, gave him an opportunity to handle lots of weapons and wear grungy fatigues. For full details, go to <http://www.whatismoving.com/premiere>

New Books

In *The Stargate Chronicles: Memoirs of a Psychic Spy*, Joseph McMoneagle reveals "the inside story of the U.S. government's military counterintelligence program." He also considers "the ethics of using psychic abilities to benefit a world power" and the personal challenges inherent in being psychic. The book is \$24.95 in hardcover from Hampton Roads Publishing Company and the TMI Bookstore.

Newspapers

"In Sync" by Stephen Barling appeared in *C-Ville*, volume 14, number 23, June 4-10, 2002. Mr. Barling's article described The Monroe Institute as a retreat center "dedicated to the exploration of deep mental states and optimized cerebral phenomena . . . a camp for people interested in visiting the furthest reaches of consciousness."

The January 2002 issue of *Echo*, volume 6, number 1, featured "Monroe and Levels of Consciousness" by Jim Ward, a thoughtful analysis of Robert Monroe's vision and the consciousness-expansion techniques exemplified in The Monroe Institute's residential programs. The piece was complemented by "Religion or Spirituality," an exchange between two program graduates using

Monroe principles to resolve a religious/spiritual conflict.

In "Physicians without Bodies," *Echo*, volume 6, number 5, May 2002, Laurie A. Monroe described her dramatic experience at the Frei Luiz Center in Rio de Janeiro, Brazil. While receiving healing from the nonphysical physicians on the "other side," Laurie reaffirmed her connection to all that is. An aquamarine crystal materialized during the healing session to serve as a reminder of that truth.

Radio

Skip Atwater was interviewed on August 26, 2002, for the syndicated KVMR radio show *Earth's Mysteries*. Host Haines Ely, a member of TMI's professional division, complemented Skip's remarks with his own positive comments about Bob Monroe and the Institute.

Television

Sustaining Member Bob Seamon informs us that TMI was included in *Science of the Impossible: Invisible Forces*, which aired twice on the Science Channel in May 2002. The show focused on the possibility of ESP and telekinesis, but the out-of-body-experience was the main topic of the Monroe segment.

On March 2, 2002, Joseph McMoneagle appeared on *Chounouryoku Sousakan* (similar to *Unsolved Mysteries*) airing on Japan's Nippon TV. Joe's segment involved remote viewing the locations of three missing people while on camera.

Workshops

Russell Targ and Jane Katra, PhD, led a special workshop titled "Remote Viewing and Spiritual Healing: Experiencing Expanded Awareness" on March 16, 2002, at TMI. The forty attendees included eight professional members who chose to stay over after the Eighteenth Professional Seminar. Participants were treated to an intensive experiential exploration of the spiritual implications of psychic abilities and the loving connections in nonlocal consciousnesses that are fundamental to spiritual healing. Targ

and Katra have coauthored two books on these topics: *The Heart of the Mind* and *Miracles of Mind*.

**A MESSAGE FROM LAURIE**

Some of you have asked whether the TMI FOCUS and HEMI-SYNC JOURNAL will be published twice yearly or go back to the former quarterly schedule. The economic situation that made such an adjustment necessary is continuing. For that reason, we have decided to stay with two issues a year through 2003. You will still receive four special member tapes, as you did with the former publication schedule. I would also like to remind you of the \$200 discount on our residential programs, available only to TMI members. You have my sincere appreciation for your understanding and support as The Monroe Institute continues to weather these difficult times.

HELLO, LEFT BRAIN*Continued from page 9*

heartspace, or love-energy, that powers the engine that gets you to your destination. At the end of *HEARTLINE* I was functioning at a psychic level I had never achieved before. My energy healing, tarot cards, and psychic impressions were so over-the-top they often left me speechless. *HEARTLINE* is the hidden jewel of the TMI crown and I intend to take the course over and over again.



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